



## "Stay Home, Stay Safe"

Arizona is beginning to open up with movie theaters, restaurants and some schools headed back in person. It is in this time that we take extra care of ourselves and each other.

# TOCC Times O'odham Tas

## What you'll find:

Covid 19 - Reminders **P.1**

Mon, Tues, Wed **P.2**

Thurs **P.3**

Fri **P.4**

## Avoid the Three Cs

Be aware of different levels of risk in different settings.



There are certain places where COVID-19 spreads more easily:



### Crowded places

with many people nearby



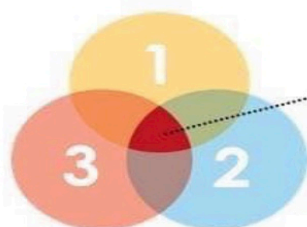
### Close-contact settings

Especially where people have close-range conversations



### Confined and enclosed spaces

with poor ventilation



The risk is higher in places where these factors overlap.

Even as restrictions are lifted, consider where you are going and #StaySafe by avoiding the Three Cs.

## WHAT SHOULD YOU DO?



Avoid crowded places and limit time in enclosed spaces



Maintain at least 1m distance from others



When possible, open windows and doors for ventilation



Keep hands clean and cover coughs and sneezes



Wear a mask if requested or if physical distancing is not possible

If you are unwell, stay home unless to seek urgent medical care.

## BROKEN BRAIN PODCAST

Camillus Lopez shares his  
Motivational Monday  
Message!!

## TRY IT TUESDAY

Agave syrup is a traditional  
O'odham wild food. Give  
this recipe a try for avocado  
chocolate pudding.

## WELLNESS WEDNESDAY

Time for interview TBD

## MOTIVATION MONDAY

Watch this Motivational Monday message from  
TOCCs own Camillus Lopez

<https://youtu.be/ELoiQv0xw2E>

## TRY IT TUESDAY

### AVOCADO AND AGAVE CHOCOLATE PUDDING

*Ingredients:* 2 ripe avocados ½ cup cocoa powder 2 tsp vanilla  
extract ½ cup agave syrup ½ cup coconut milk bananas or other fruit  
for dipping

1. Chop the avocado into a few medium-sized pieces and put it in a food processor or heavy-duty blender.
2. Add the cocoa powder, vanilla, agave syrup and coconut milk to the food processor and blend on high for about thirty seconds, or until pudding reaches desired consistency.
3. Taste the pudding to see if you want to make any adjustments. If you want it sweeter or more chocolatey, you might want to adjust the measurements to your preference.
4. Serve with cut fruit for dipping!

Makes 6 servings.

## WELLNESS WEDNESDAY

Interview with TOCC Cross Country Coach,  
Anthony Fransisco!

# THERAPUTIC THURSDAY

## The history of a medicine man

By John Stapleton

Richard Joaquin was born in 1946 into the Gila River Indian Community, one of four federally recognized tribes of the Tohono O'odham Indian Community (Salt River, Ak-Chin and the Tohono O'odham Nation are the other three.) At one time, the Tohono O'odham community covered a large portion of the southwestern region of the United States and northern parts of Mexico.

Joaquin distinctly remembers when he moved to the Ak-Chin reservation.

"It was Sept. 3, 1961," Joaquin says. "I always remember that date and I don't know why. But I moved here to work on the farms. I didn't enjoy school very much and wanted to work with my hands in the fields."

It was among the fields and with the other men of the tribe he began to learn more about his culture. They would talk, and he would listen. They would camp out by the corrals, near old burial grounds. Under the stars, the elders would talk about their ways.

He went to a Catholic school growing up on the Gila River reservation where only English could be spoken. Though he speaks his native tongue, he acknowledges the effect on later generations to speak only English.

"I believe that was really the first cut to our ancestors," Joaquin says. "When we began to lose our language, we began to lose our culture."

Part of the culture is desert lore — the medicine man is supposed to have special powers that can see into a spiritual universe. Joaquin says it was very much a part of Tohono O'odham life, but over the years, Western society and medicine have taken on a much bigger and dominating role in the community.

Joaquin can only think of a dozen or so medicine men and women who are still around. Yet, they are still called upon for ceremonies that the outside world is not allowed to see, and they still practice the gift of healing given to them by their ancestors and from the creator, I'itoi.

I'itoi means "man in the maze" and the intricate designs often seen in traditional Tohono O'odham basket weaving and pottery is a tribute to the creator and the Tohono O'odham way of life.

Joaquin's ability in becoming a medicine man was not taught to him by someone else. He says individuals are chosen by their ancestors and I'itoi. Through visions and their own understanding, medicine men receive their knowledge of herbs, remedies and healing powers.

"It's a gift to a certain person in a role they are to take," Joaquin says. "They slowly start doing what the gifts are and only those individuals will know. No one else will be able to learn them and each medicine man is different."

### Stories, ceremonies and secrets

Joaquin says there are different levels of spiritual awareness for a medicine man. Like the gift itself, a medicine man cannot learn his place in life, only accept it. The levels vary in their understanding and gift of healing, and in the past, he has known of medicine men who have had great healing powers.

"My brother-in-law had a broken leg and he went to go see this medicine man that was said to fix broken bones," Joaquin says.

The medicine man began a process of praying while feeling the leg with his hands and moving his feathers back and forth over the leg. Joaquin says his brother-in-law's leg was healed and the only advice the medicine man gave his brother-in-law was to "take it easy."

That happened in the 1970s, and Joaquin says he hasn't heard of any medicine man having that power since.

Joaquin also talks about his uncle, who had been diagnosed with diabetes and went to a medicine man.

"The medicine man told him about a plant he would find near Tucson," Joaquin says. "He says 'go over there, you'll find it and it will help you.'"

## THERAPUTIC THURSDAY

An article on the history of the medicine man done by

John Stapleton in 2011.

Great stories and very interesting read!



# FITNESS FRIDAY

Enjoy O'odham Tas!!

## Fitness Friday

Take the day off and enjoy  
O'odham Tas



# GREAT JOB ON YOUR WELLNESS WEEK!